

LESSON PLAN

LOCAL WIC PROVIDER:

TITLE: The New Missouri WIC Food Packages: *Food and Focus*

AUDIENCE: WIC participants and/or caregivers of WIC participants

MOWINS NUTRITION EDUCATION TOPIC: New WIC Food Package(s)

☐ **Individual Counseling Session**

☐ **Group Education Session**

OBJECTIVES:

At the end of this lesson, the participants and/or caregivers will be able to:

- 1) Identify reasons why the WIC food packages are changing.
- 2) Recognize the major changes to the WIC food packages.
- 3) Identify how the infant food package has changed.
- 4) Identify what extra food benefits fully breastfeeding moms and their infants receive.
- 5) Identify which food items need a medical documentation from a health care provider.

MATERIALS AND METHODS:

- 1) “The New Missouri WIC Food Packages: *Food and Focus*” lesson power point slide show
- 2) Handouts: Missouri WIC Mom and Baby Food Packages; Missouri WIC Approved Food List; Missouri WIC Approved Fruits and Vegetables Card
- 3) Posters: Missouri WIC Begins NEW Food Packages
- 4) Food samples/models, produce samples
- 5) Example of Fruit and Vegetable Check (FVC)

Materials available at <http://www.dhss.mo.gov/wic/FoodPackages/>

CONTENT OUTLINE:

- 1) Introduction
- 2) Power point slide show (optional)
- 3) Presentation
 - a. Why are WIC food packages changing?
 - b. Changes to WIC food packages.
 - c. Benefits to breastfeeding infant/mom dyad and food packages overview.
 - d. When is medical documentation required?
- 4) Activity and Discussion: Exhibit of NEW WIC foods and food sampling.
- 5) Summary
- 6) Evaluation
- 7) Follow Up

EVALUATION: Multiple choice post-lesson quiz.

Developed by: MO State WIC Nutritionists

Date: August 2009

Revised by:

Date:

| <u>Content</u> | <u>Counseling Methods/Teaching Strategies</u> |
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| <p>1. Introduction:</p> <ol style="list-style-type: none"> Welcome the participants; introduce self. Review the learning objectives with the participants. Introduce the lesson topic with an open ended question. Background on WIC food packages: <ul style="list-style-type: none"> Beginning in 1974 - The WIC food packages were designed to supplement participants' diets with foods rich in five (5) target nutrients known to be lacking in the diets of the WIC target population: vitamins A and C, calcium, iron and protein. December 6, 2007, an interim final rule revising the WIC food packages was published in the Federal Register. The revisions align the WIC food packages with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics. The last major revisions to the WIC food packages were in 1980. The changes are designed to improve the nutrition and health of pregnant women, new mothers, infants and young children. | <p>Use facilitated discussion or open ended questions to find out what the group already knows about the new WIC food package.</p> <p>Example: <i>What have you heard about the new WIC foods?</i></p> |
| <p>2. Power point slide show: The New Missouri WIC Food Packages: <i>Food and Focus</i> (optional)</p> | <p>Show the ppt. presentation.</p> |
| <p>3. Presentation:</p> <ol style="list-style-type: none"> Why are WIC food packages changing? <p>Changes have occurred in the major health and nutrition risks faced by WIC's target population, including: diets lacking in whole grains and fruit and vegetables; short duration of breastfeeding; overweight and obesity; substantial shift in the ethnic composition of the WIC population.</p> <p>The NEW WIC Food Packages:</p> <ul style="list-style-type: none"> Give more food choices for breastfeeding moms and babies. Support cultural food preferences. Encourage more whole grains and fiber. Limit the amount of juice. Increase fruit and vegetable intake. Decrease dietary fat by providing reduced fat milk. <ol style="list-style-type: none"> Major Changes to the WIC Foods <p><u>New foods</u></p> <ul style="list-style-type: none"> Fresh or frozen fruits and vegetables: | <p>Springboard questions for discussion:</p> <p><i>Why are WIC food packages changing?</i></p> <p>Draw participant attention to the NEW WIC foods exhibit and the Missouri WIC Begins NEW Food Packages poster.</p> <p>Show a sample copy of a Fruit and Vegetable Check (FVC)</p> |

Fruit and Vegetable Check (FVC)

- Children \$6.00
- Pregnant Women \$8.00
- Pregnant Women Carrying Multiples \$10.00
- Partially Breastfeeding Women \$8.00
- Non-Breastfeeding Women \$8.00
- Fully Breastfeeding Women \$10.00
- Fully Breastfeeding Multiples \$15.00

- Whole wheat/grain breads
- Infant foods: such as fruits and vegetables for all infants, and meat for exclusively breastfed infants

New alternatives

- Soymilk & Tofu (issued if meets criteria)
- Brown rice, whole wheat and soft corn tortillas
- Canned beans for dried beans
- Canned salmon and sardines for canned tuna

New quantities

- Quantities of milk, eggs, juice and cheese are reduced for women and children
- Juice is eliminated from infant packages
- Quantities of infant formula are reduced for partially breastfed and older infants

c. Benefits to breastfeeding infant/mom dyad and food packages overview.

Missouri WIC promotes breastfeeding as the preferred infant feeding method. Every mother should breastfeed unless advised otherwise by a physician.

Health outcomes for both mother and infants are improved with breastfeeding.

- Benefits to infants are: 1) Reduced incidence of health problems, 2) Decreased risk of ear infection by 75%, 3) Decreased risk of tooth decay, 4) Improved awareness and brain development, 5) Less colic, and 6) Reduced allergies.
- Benefits for mom are: 1) Quicker weight loss after delivery, 2) Decreased risk of postpartum depression, 3) Reduced incidence of cancer, osteoporosis, diabetes, etc., 4) Fewer complications after delivery, 5) Convenient and always available, and 6) Savings of over \$1,500 on formula.
- Mother's food package is determined by baby's feeding option.
- More food benefits for the breastfeeding dyad.
- No juice for infants the first year of life.
- Commercially prepared infant food for all infants
 - Fruit (Stage I or II)
 - Vegetables (Stage I or II)

Point out the extra foods breastfeeding moms and babies get at every opportunity!

Why is breastfeeding important for your infant?

What have you heard about changes to the infant's food package?

or

When you look at the poster, what food benefits do you see for mom and baby with the new packages?

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| <p>Amounts: Fully BF 64 jars, PB and non BF 32 jars</p> <ul style="list-style-type: none"> - Commercially prepared infant meats for fully breastfed infants (amount: 31 jars) • Infant cereal provided at 6 months, instead of 4 months. • Reduction in infant formula amounts based on the infant feeding option. (e.g. fully formula feeding at 6 to 11 months is decreased to 7 cans) • Maximum allowances of formula for partially breastfed infants. <p>d. When is medical documentation required?</p> <p>Medical documentation ensures that the participant's physician has determined that foods provided by WIC will not cause harm.</p> <p>Medical documentation covers food; medical prescriptions do not.</p> <p>Medical documentation in MO WIC is required for:</p> <ul style="list-style-type: none"> • Exempt infant formulas • Any infant formula for children • Medical foods for women and children • Whole milk for anyone 2 years and older • <u>Cheese</u> Greater than 1 pound for children and prenatal, partially breastfeeding and non-breastfeeding women Greater than 2 pounds for fully breastfeeding women • <u>Soy beverage</u> For children (1-4 years old) • <u>Tofu</u> Greater than 4 pounds for prenatal, partially and non-breastfeeding women Greater than 6 lb for fully breastfeeding women Children any amount | <p><i>What have you heard about medical documentation in WIC?</i></p> |
| <p>4. Activity: Exhibit of NEW WIC foods and food sampling.</p> <p>Prepare display table with the NEW WIC food items.</p> <p>Display the Missouri WIC Begins NEW Food Packages poster.</p> | <p><i>What new WIC foods do you recognize?</i></p> <p>Demonstration: Prepare and let participants taste samples of the new WIC foods.</p> |
| <p>5. Summary:</p> <p>Review why WIC food packages are changing and state some of the major changes.</p> | <p>Provide handouts, available at http://www.dhss.mo.gov/wic/FoodPackages/</p> |
| <p>6. Evaluation:</p> <p>The CPA will discuss the correct answers for the post-lesson quiz and collect feedback on the lesson evaluation from participants.</p> | <p>Distribute post-lesson quiz to participants.</p> <p>Complete Lesson Reporting Form and keep on file for monitoring purposes.</p> |

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| <p>7. Follow up:</p> <p>Ask the participant at their next appointment if they had any trouble using the new WIC checks or finding the approved foods.</p> | <p><i>Tell me about your experience using the new WIC checks in the grocery store.</i></p> |
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Sources:

Food and Nutrition Service. WIC Food Packages.

<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>

WIC Works Resource System. New WIC Food Packages Resources for WIC Staff.

http://www.nal.usda.gov/wicworks/Learning_Center/Food_Packages.html

Food and Nutrition Service (FNS). WIC Food Packages.

<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>

Lesson Evaluation

The New Missouri WIC Food Packages

Circle the best answer:

1. WIC food packages are changing to:
 - a. Include more whole grains and fiber
 - b. Include more juice and less fruit and vegetables
 - c. Increase the amount of fat in our diet

2. New foods in the WIC food packages include:
 - a. Dry beans
 - b. Fresh fruit and vegetables
 - c. Milk

3. New infant food packages include:
 - a. Jars of infant food
 - b. More juice
 - c. Milk

4. Extra benefits for fully breastfeeding moms and their babies include:
 - a. More milk and eggs for mom
 - b. Jars of infant meats for baby
 - c. More fruits and vegetables for mom and baby
 - d. All of the above

5. Food items that need a medical documentation from a health care provider are:
 - a. Bread and tortillas
 - b. Cereal
 - c. Exempt or special infant formula

Please check YES or NO for the following:

6. Did you enjoy this lesson?

☐ YES ☐ NO

7. Was this lesson on a topic that interests you?

☐ YES ☐ NO

8. Did you learn anything new from this lesson?

☐ YES ☐ NO

9. Did the instructor present the information clearly?

☐ YES ☐ NO

Lesson Reporting Form - MO WIC New Food Packages

| Answer Key | <u>#</u> | <u>% correct</u> |
|--|----------------------------------|------------------|
| 1. WIC food packages are changing to: a. <u>Include more whole grains and fiber</u> b. Include more juice and less fruit and vegetables c. Increase the amount of fat in our diet | a. _____ b. _____ c. _____ | _____ |
| 2. New foods in the WIC food packages include: a. Dry beans b. <u>Fresh fruit and vegetables</u> c. Milk | a. _____ b. _____ c. _____ | _____ |
| 3. New infant food packages include: a. <u>Jars of infant food</u> b. More juice c. Milk | a. _____ b. _____ c. _____ | _____ |
| 4. Extra benefits for fully breastfeeding moms and their babies include: a. More milk and eggs for mom b. Jars of infant meats for baby c. More fruits and vegetables for mom and baby d. <u>All of the above</u> | a. _____ b. _____ c. _____ | _____ |
| 5. Food items that need a medical documentation from a health care provider are: a. Bread and tortillas b. Cereal c. <u>Exempt or special infant formula</u> | a. _____ b. _____ c. _____ | _____ |
| Please check YES or NO for the following: | <u>#</u> | <u>%</u> |
| 6. Did you enjoy this lesson? | YES _____ NO _____ | _____ _____ |
| 7. Was this lesson on a topic that interests you? | YES _____ NO _____ | _____ _____ |
| 8. Did you learn anything new from this lesson? | YES _____ NO _____ | _____ _____ |
| 9. Did the instructor present the information clearly? | YES _____ NO _____ | _____ _____ |
| Percent of participants who met all lesson objectives: A. Total number of evaluations received _____ B. Number of evaluations with score of 100% (#1-5) _____ | B/A x 100 = _____ % | |